

Abstract

- Title:** The dependence of the direct punch intensity on force and agility abilities.
- Objectives:** The establishment of the dependence of the intensity of the direct punch with a clenched rotated fist on the chosen kinetic abilities.
- Výzkumný soubor:** The tested subject group is constituted by seven soldiers of the Army of The Czech Republic at the average age of $23,4 \pm 1,8$ years who are students of the Military specialization at the Faculty of sport and physical education of The Charles University.
- Methods:** This bachelor work was drawn up as a observational study of theoretic empiric character. The punch intensity is measured with impact dynamometer. The chosen kinetic abilities are the maximal dynamic power of arms, the explosive power of arms and the non-specific agility. The movement abilities are measured within the standardized motoric tests. The relation between the results of the motoric test of movement abilities and the direct punch is established with the correlation coefficient and graphical assessment of the subject's order at the evaluated variables. Theoretical explanation of discovered relations is also endorsed by qualitative analysis of former experience in the tested field of the subjects.
- Results:** The results of relations between the direct punch and tested kinetic abilities shows a lower level of dependance between the direct punch and the maximal dynamic power of arms and the explosive power of arms. Comparison of the power of the direct punch and the non-specific agility proved medium (significant) level of dependence. By using qualitative analysis of sport and martial history of subjects the positive influence of martial experience was discovered.
- Key words:** close combat, direct punch, kinetic abilities, former experience.